



THE WELLNESS CORPORATION

Building a Better World ~ One Organization at a Time



Did you know your EAP offers...

...One-on-One Coaching
for the following:



Weight Loss
Fitness and Exercise
Managing Chronic Conditions *
Quit Smoking
Stress Management
Pre- and Postnatal Care
Menopause



Are you or someone in your household looking to start living a healthier lifestyle? You may want to lose weight, quit smoking or maybe you want to get healthier for the baby you're expecting. Your **EAP** Program offers **One-on-One Coaching** by telephone with a trained and certified coach to provide guidance and encouragement. To get started, call your EAP and tell them you would like to enroll in a Healthy Start Coaching program today. Let us help you get personalized telephonic coaching today to help you live a healthier tomorrow.

We're just a phone call away...

800-828-6025

24 hours / 7days a week

Or access your EAP website for additional subjects and suggestions:

www.WellnessWorkLife.com



* Chronic Conditions include, but are not limited to: High Cholesterol, High Blood Pressure, Diabetes, Asthma, Cardiovascular Disease, Back Pain and more.